

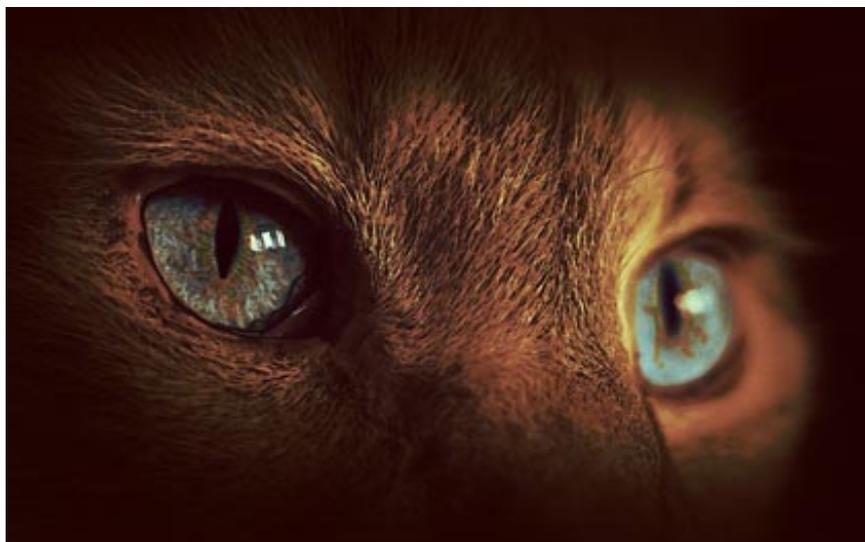
Cat Vital Signs-Respiration, Heartbeat and More

 www.cat-world.com.au/cat-facts-a-normal-vital-signs.html

Normal vital signs for healthy adult cats

- Respiration – 20 to 30 breaths per minute in a cat at rest
- Pulse – 130 to 240 beats per minute
- Temperature – 100 to 103 F (37.7-39.4C)
- Capillary refill time – 1 to 2 seconds

How to take your cat's temperature:



This is really best to be performed with two people, one to hold the cat and the other to take the temperature. Let your cat's behaviour guide you, if he/she becomes stressed or has a history of being difficult to handle when being medicated etc., then it is safer for you to seek the help of your veterinarian.

- Shake down the column of mercury until it reads 96F, then lubricate the bulb tip with petroleum jelly.
- Grasp the base of your cat's tail and lift it.
- Insert the lubricated end of the thermometer about halfway into your cat's rectum and hold it in place for 3 minutes.
- Remove the thermometer, wipe it clean with a tissue and read the silver column of mercury.
- Clean the thermometer with alcohol.

How to check your cat's pulse/heartbeat:

- To check the pulse, feel for the femoral artery which is located close to the surface on the inside of the thigh at the groin.
- I found it difficult to find the femoral artery to check the pulse, another method which I found much easier was to feel the heartbeat. To do this press against the rib cage over the heart. With the cat standing, feel the pulse just behind the elbow.
- Either way, count the number of beats in 15 seconds and then multiply by 4 to get the total number per minute.

How to check your cat's respiration:

One respiration is an inhalation and exhalation.

- Count how many times the chest rises and falls in a 15 second period. Remember, one rise and fall = one respiration.
- Multiply the figure by 4 to get the total respiration rate per minute.



Checking your cat's capillary refill time:

- Lift up the cat's upper lip and place your finger on the gum above the upper teeth, apply a moderate amount of pressure so that the gum turns white.
- Remove your finger and count how long it takes for your cat's gums to return to their normal pink colour.

Assessing your cat's gums:

Normal gum colour is a light pink (as in the image above). Gum colour can paint a picture of your cat's health.

- Bright red gums – Heat stroke or gum disease
- White gums – Anemia, blood loss or shock
- Blue gums – Lack of oxygen
- Yellow gums – Jaundice
- Dry, tacky gums are an indicator that your cat is dehydrated



Comparative age of cats to humans:

Human years	Cat Years	Human Years	Cat Years
1	15	11	61
2	25	12	65
3	29	13	69
4	33	14	73
5	37	15	77
6	41	16	81

7	45	17	85
8	49	18	89
9	53	19	93
10	57	20	97

Gestation period in cats:

The gestation period for a cat is 63-65 days. This varies between cat though, and anywhere between 60 to 70 days is normal.

How to tell if your cat is pregnant:

Unlike humans, it is not possible to determine a pregnancy via a blood or urine test in cats. However, there are often indicators that your cat is pregnant, some signs include:

- Third week of pregnancy, the cat's nipples will become enlarged and pink.
- Fourth week of pregnancy, she should have gained enough weight to make her pregnancy visible.
- By 3-4 weeks your veterinarian should be able to palpitate the abdomen and feel the babies.